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The extension of **kettlebell lifting in Italy** was started by Oleg Ilika, MSWC, who came from Ukraine at the end of 90-th. In that time there were only few people-amateurs and no professionals. There were only two weight categories: up to 75 kg and over 75 kg.

16 and 24 kg kettlebells were used that time. Girls competed without separation into weight categories with kettlebells in 12 kg. At present time Italian amateurs compete with 24 kg kettlebells and professionals with 32 kg. Girls compete with kettlebells in 16 kg.

Italy enters into IGSF group and takes part in all types of competitions. **Championships of Italy** in classical biathlon and jerk on long cycle have been holding since 2008.

The strongest Italian sportsman and organizer of the most events related to the kettlebell lifting, President of the Italian kettlebell lifting federation is Oleg Ilika.

With each year **Italian national team** improves its results. For example, last October 2009 at the World IGSF Championship in Khmelnytsky (Ukraine), Mattia Amodio won the second place among the juniors in weight category over 90 kg with the result of 93 reps in jerk and 144 reps in snatch (hands amount).

Amateurs cup is annually held with kettlebells in 16, 12, 8 kg. in order to extend kettlebell lifting in Italy.